



YOU ARE INVITED TO A HEALTH & FITNESS
PRESENTATION BY DAVE HUBBARD

A healthier life starts now

When you don't have your health, nothing else matters!

YOU WILL LEARN...

- ⇒ The difference between fitness and thinness
- ⇒ The difference between exercise and a workout
- ⇒ Why most people are wasting lots of time exercising inefficiently
- ⇒ The myth of cardiovascular fitness
- ⇒ How to build a strong stress proof heart
- ⇒ Why counting or burning calories is a waste of time
- ⇒ Why most people fail with fitness long term
- ⇒ The top 5 obstacles to fitness success
- ⇒ How to do the ultimate time saving workout

AND MUCH MORE!

WHAT PEOPLE ARE SAYING

“Dave Hubbard is perfect for any organization serious about health and wellness. We were all blown away with his teaching! Dave kept the audience engaged with just the right combination of entertaining stories and educational facts. His dynamic speaking ability make him a great resource for inspiring a healthy lifestyle. Dave Hubbard is the real deal.” **Will Conner, MEAG POWER**

“Sharing Dave Hubbard’s exercise method with my patients is a joy and a privilege. This type of exercise is do-able, safe, affordable, fun, and it works.” **Dr. David Kamnitzer, Wellness Specialist**

“I have never felt so good - physically or mentally - than I do today, thanks to Dave Hubbard’s exercises methods.”
Anne, Independence, OH

BRIEF BIO

Dave played for the New Orleans Saints, blocking for Archie Manning, in the 1970s. After stepping out of the NFL he had a near fatal accident that led to what he calls his fitness-crisis. In 1989, Dave began doing health and fitness presentations for corporate America. He has been featured many times on radio and television. In 2006, he was rewarded a U.S. Patent for his unique method of exercise.